


CSAP Model Program: Strengthening Families



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Critical Role of Families



- ⌘ The family is the social unit primarily responsible for child rearing functions.
- ⌘ When families fail to fulfill this responsibility, the entire society suffers.
- ⌘ Families are responsible for providing:
 - ☒ Physical necessities
 - ☒ Emotional support
 - ☒ Learning opportunities
 - ☒ Moral guidance
 - ☒ Building self-esteem and resilience

Parents Matter More Than Peers

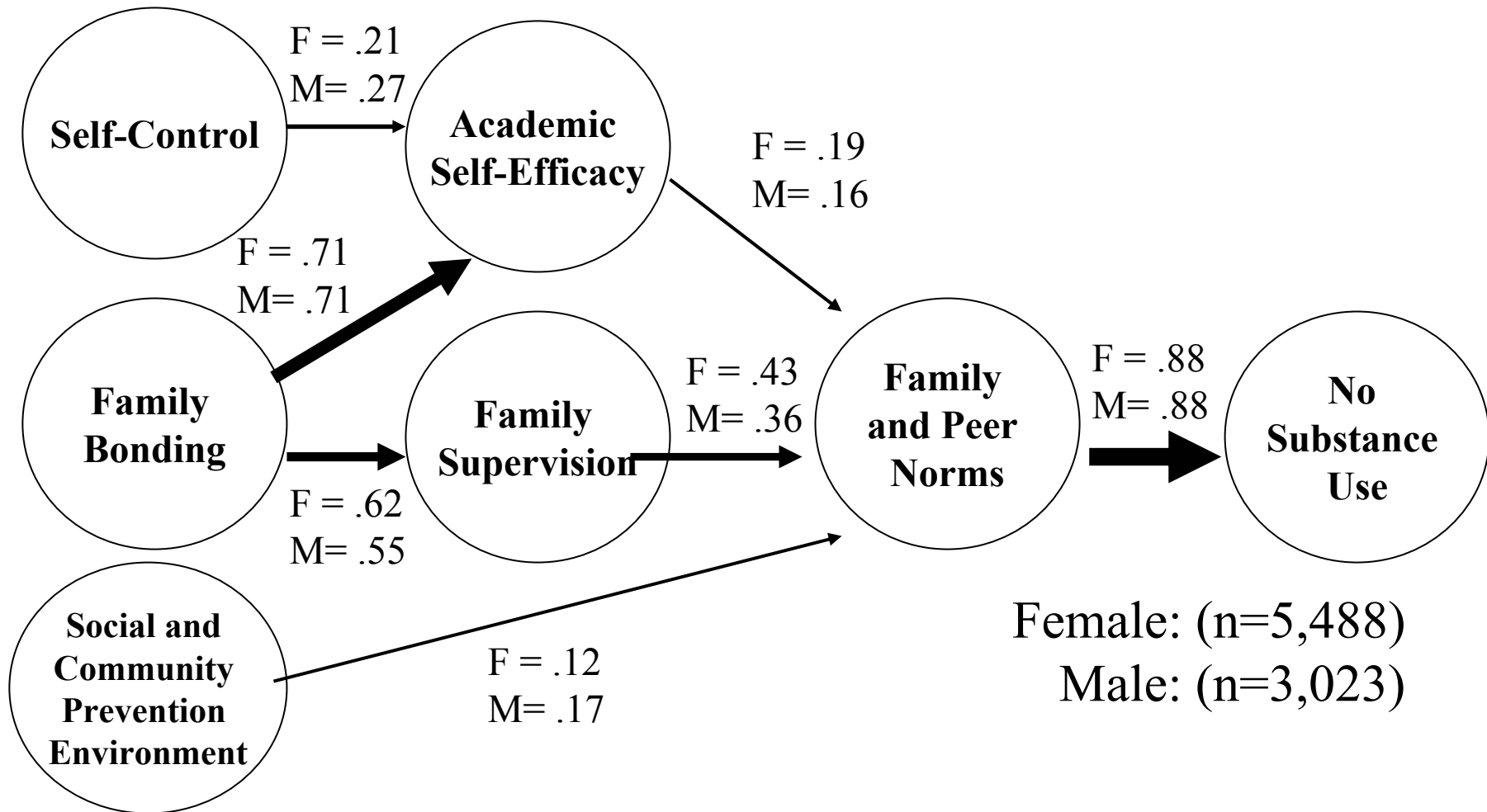
Listen as Well as Talk

DUFFY

The New York Times Magazine
7/18/92

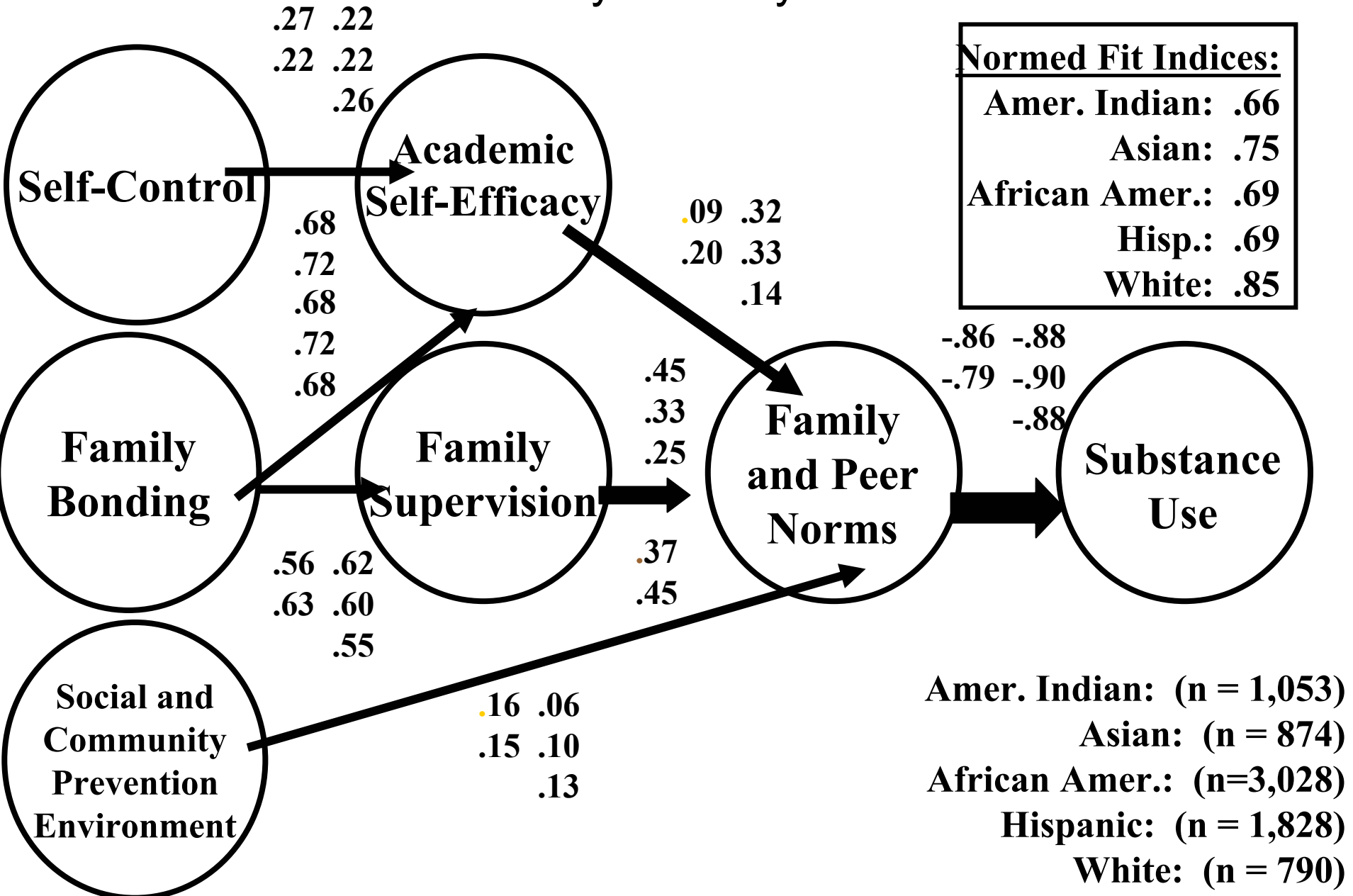


Pathways to Substance Use for High Risk Youth



High Risk Youth Predictors of Substance Use:

By Ethnicity



Resiliency Focus of Prevention Programs



Resilient Youth are doing well after many family and personal problems. They are strong. Why?

They are resilient and capable of positive change after life stressors.

Seven Major Resiliency Self Factors



- ⌘ Happy and Optimistic
- ⌘ Caring and Empathetic
- ⌘ Wisdom and Insight
- ⌘ Smart/Intellectual Competence
- ⌘ High Self-esteem
- ⌘ Direction, Mission or Purpose in Life
- ⌘ Determination and Perseverance

Seven Major Cognitive Resiliency Characteristics



- ⌘ Emotional Management Skills
- ⌘ Interpersonal Social Skills
- ⌘ Intra-personal Reflective Skills
- ⌘ Academic and Job Skills
- ⌘ Ability to Restore Self-esteem
- ⌘ Planning Skills
- ⌘ Life Skills and Problem Solving ability

Protective Factors Leading to Resiliency



- ⌘ One caring adult in a child's life
- ⌘ Opportunities to contribute and help others
- ⌘ Social skills to be effective in work and at home
- ⌘ Self-discipline
- ⌘ Healthy expectations
- ⌘ Help by parents or adults at critical life decisions

The Strengthening Families Program (SFP)



⌘ History

- ☒ 1st research-based parenting program specifically designed for substance abusing parents and their children
- ☒ Developed in response to a request from drug abusing parents at a methadone maintenance clinic, Project Reality

⌘ Funding

- ☒ National Institute on Drug Abuse (NIDA1983-1986)
- ☒ Principal Investigator: Karol Kumpfer, Ph.D.

Needs Assessment



⌘ Research (Sowder & Burt, 1978) in four cities suggests parents who are substance abusers are less able to fulfill critical parenting roles

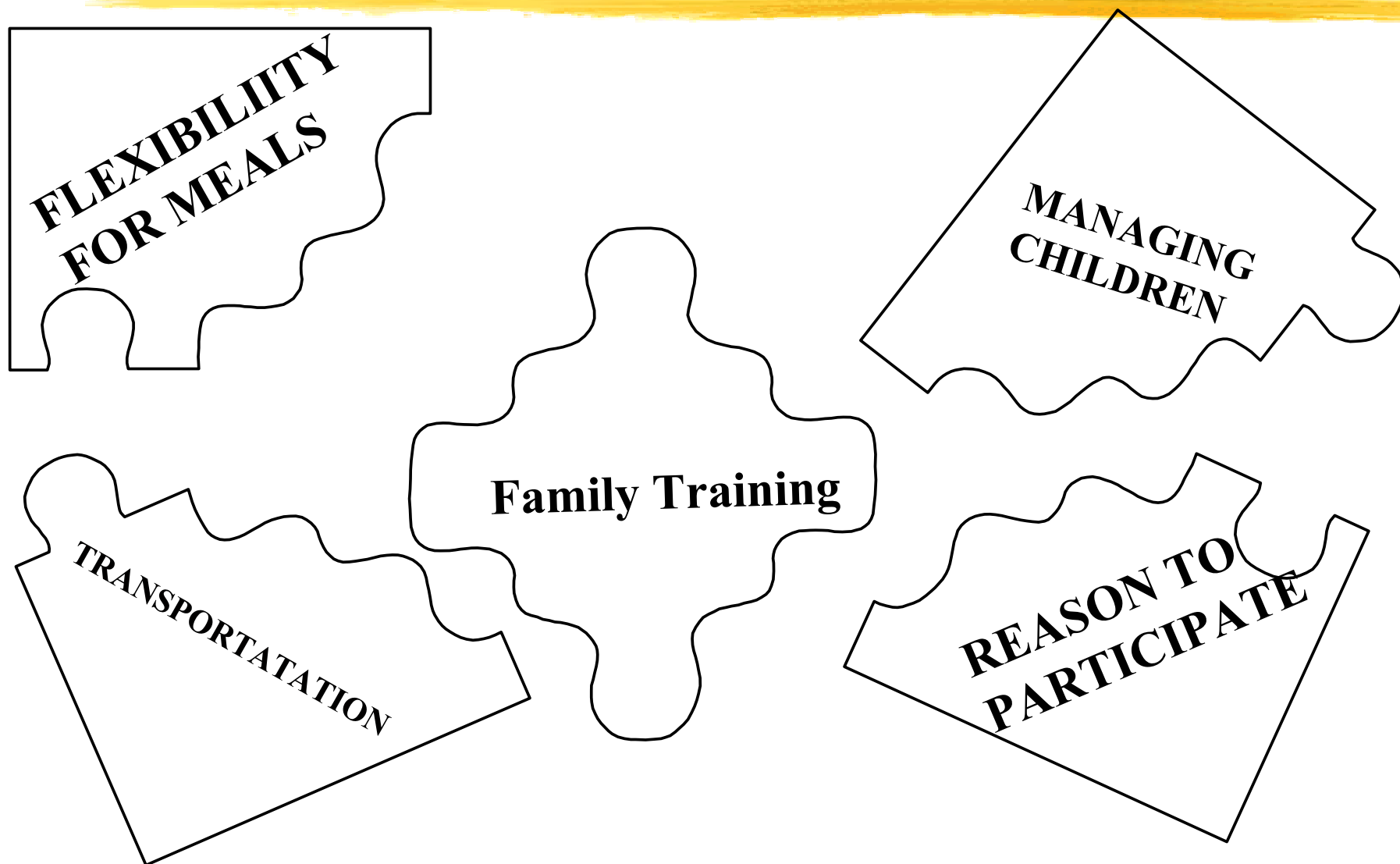
- ☒ Increased child abuse and neglect
- ☒ Half as much time spent with the child
- ☒ Unrealistic developmental expectations
- ☒ Lax or excessive punishment
- ☒ Excessive family conflict, stress, and violence

SFP Major Objectives

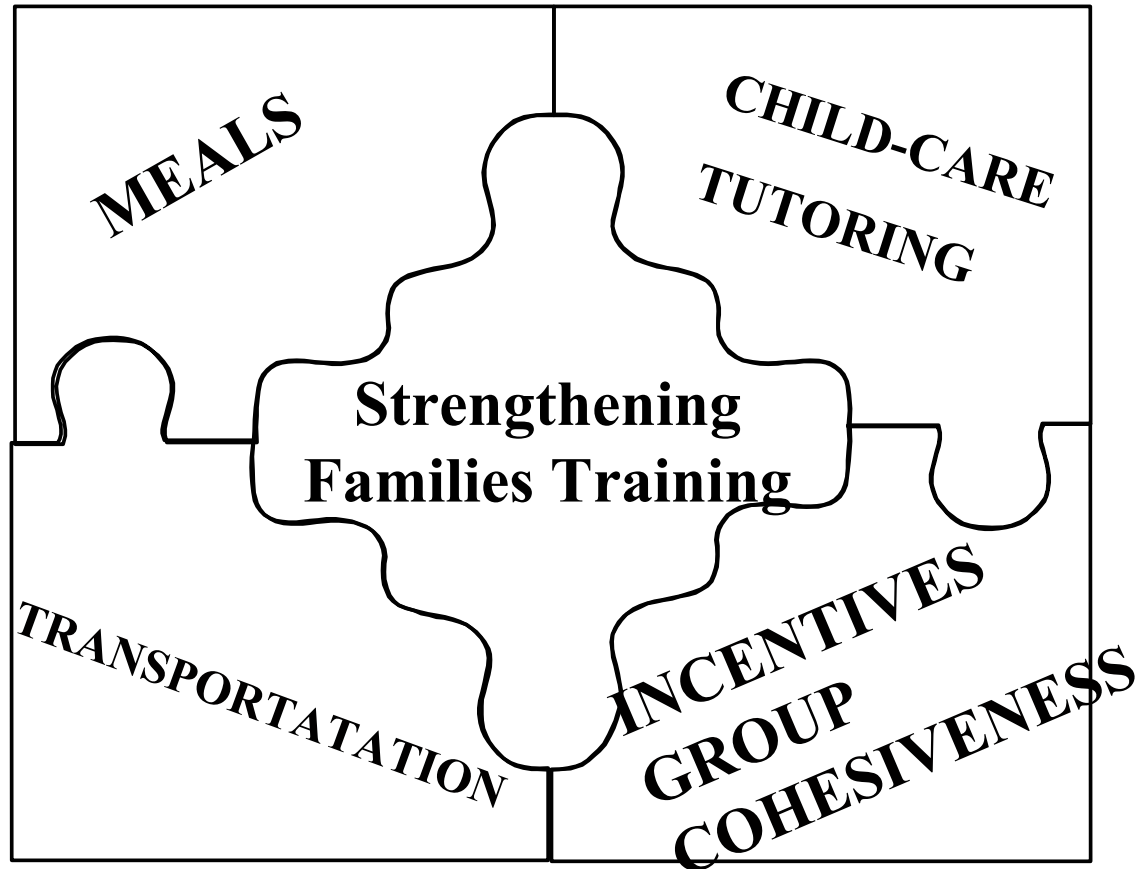


- ⌘ Improve Family Relations
- ⌘ Increase Parenting Skills
- ⌘ Increase Children's Skills

Family Needs



SFP



SFP Family Skills Training Model



FAMILY STYLE MEAL

CHILD
GROUP

⌘ Childcare

1 Hour Simultaneously

+

1 Hour

PARENT
GROUP

2 FAMILY

GROUPS

⌘ Transportation

Program Mechanics



- ⌘ 3 Programs Run at the Same Time
- ⌘ 14 Sessions/ 2 Hours Per Session
- ⌘ Trainers
- ⌘ Equipment/Materials
- ⌘ Program Site
- ⌘ Program Location
- ⌘ Group Size

Successful Program Implementation



- ⌘ Effective and well-trained leaders & staff
- ⌘ Sufficient resources
 - ☑ incentives
 - ☑ child care
 - ☑ transportation
 - ☑ food
- ⌘ Interactive/experiential techniques
- ⌘ Booster sessions

Common Causes Of Attrition



- ⌘ Unexpected Crises
- ⌘ Forgetting and Other Demands on Time
- ⌘ Failure to Meet Needs of Parents
- ⌘ Fear of Group Interaction and Personal Disclosure
- ⌘ Lack of Group Cohesion
- ⌘ Trainer's Lack of Appeal

Recruitment - Issues

- ⌘ Overwhelmed with a Crisis

- ⌘ Competing Programs

- ⌘ Lack of Commitment

 - ☑ Research model - completing paper work


- ⌘ Mistrust

 - ☑ Feel program doesn't understand

- ⌘ Inappropriate Referral

 - ☑ Mental health needs

Sample Strengthening Families Budget



⌘ This represents 1 cohort of 10 families:	
⌘ SFP Trainers: (4 trainers x 14 weeks x \$14.00/hr x 3.5 hrs/week)	2,744
⌘ SFP Food (14 sessions x 10 families x \$10/family)	1,400
⌘ SFP Child Care (14 wks x 2 staff x \$10/hr x 3 hrs)	840
⌘ SFP Supplies (paper products, toys)	300
⌘ SFP Completion Incentives (\$50 x 10 families)	500
⌘ SFP Manual Duplication (15 parents + 15 children x \$4)	120
⌘ SFP Manual Duplication (4 trainers x 6 manual x \$4)	<u>96</u>
⌘ Total	6,000
⌘ Booster Session:	
⌘ SFP Trainers: (4 trainers x \$14/hr x 3.5 hrs)	196
⌘ SFP Food: (10 families x \$10/family)	100
⌘ Child Care: (2 staff x \$10/hr x 3 hrs)	60
⌘ SFP Attendance Incentives (\$50 x 10 families)	<u>500</u>
⌘ Total for 6 Month Booster	856
⌘ Total for 6 & 12 Month Booster	1,712
⌘ Total for SFP and 2 Booster	7,712

National Institute On Drug Abuse

Original SFP Research Results

⌘ Improvement in Children's Negative Acting-out Behaviors because of the Parent Training.

- ☑ Increased parent's knowledge of parenting skills
- ☑ Improved children's behaviors: less inattention, stubbornness, rudeness, impulsivity, arguing with other kids and parents, vindictive behaviors, failure to complete chores, stealing and truancy
- ☑ Parent's reported feeling more satisfied

⌘ Improvements in Children's Life and Social Skills because of the Children's Skills Program.

- ☑ More resistance to peer pressure
- ☑ Increased number of friends
- ☑ Improved problem solving
- ☑ Improved sibling relationships
- ☑ Increased overall positive behaviors

National Institute On Drug Abuse

Original SFP Research Results

- ⌘ Improvements in Family Relationships only with the Family Programs included.
 - ⏏ Increased family cohesion and adaptability
 - ⏏ Increased family communication
 - ⏏ Increased feelings of youth of being liked by parents (F=51.9)
 - ⏏ Improved children's school attitude (F=31.4)
 - ⏏ Increased obedience
 - ⏏ Increased children's ethical behaviors
 - ⏏ Decreased arguing/talking back with parents
 - ⏏ Increased parent's use of democratic parenting
 - ⏏ Decreased parent's depression and dissatisfaction
 - ⏏ Decreased pro-drug values
 - ⏏ Decreased the number of youth's friends who used drugs
 - ⏏ Decreased youth's use of alcohol and drugs (F=21.3 and 10.2)
- ⌘ Actual decreases in Alcohol Use only with total SFP

SFP Outcomes



- ⌘ Reduced family conflict
- ⌘ Increased family organization and cohesion
- ⌘ Decreased children's depression and conduct problems
- ⌘ Increased school success/grades
- ⌘ Reduced parent alcohol/drug use
- ⌘ Multiple independent SFP replications with similar, confirming positive results
 - ☑ Improved parenting knowledge & skills
 - ☑ Improved parent/child relationships
 - ☑ Decreased parent depression

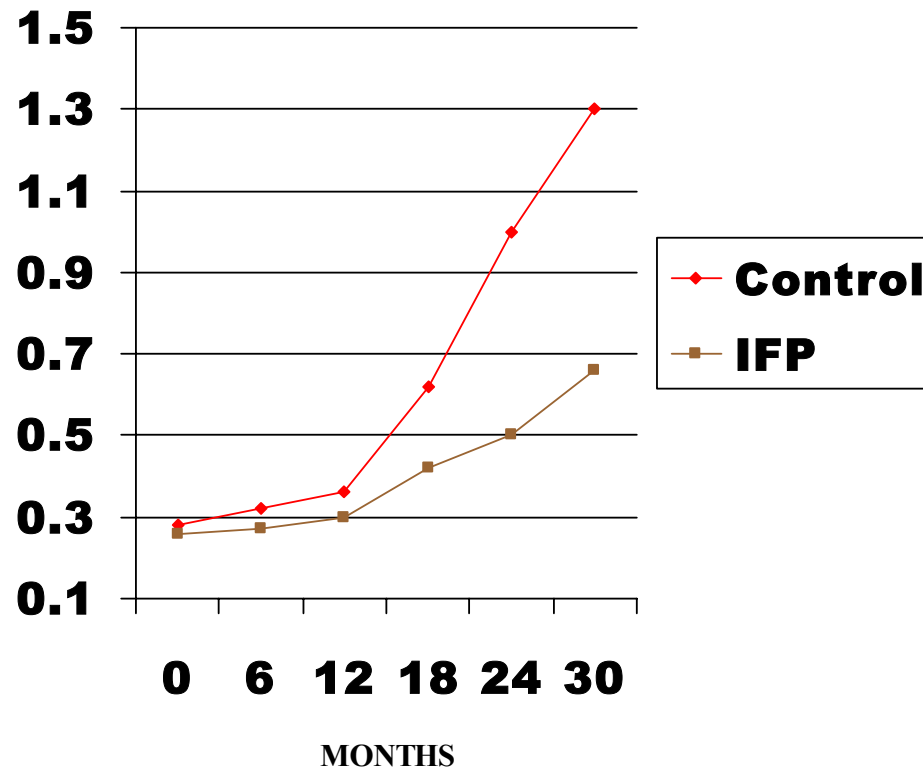
SFP Replications & Cultural Modifications



- ⌘ African-American Rural Families: Alabama Strengthening African-American Families Program
- ⌘ African-American Urban Families: Detroit Safehaven
- ⌘ Multi-Cultural: Hispanic, Asian, Pacific Islanders, Whites:
- ⌘ 5 Year Follow-up: 3 Counties in Utah (1995)
- ⌘ Asian & Pacific Islander Families: Hawaii SFP
- ⌘ Hispanic/Latino Families: Denver Strengthening Hispanic Families Program
- ⌘ Rural Families: Iowa SFP- 7 Session 11-14 Year Olds
- ⌘ French & English Canadian Families: Montreal & Toronto
- ⌘ Australian Families: Queensland, Australia
- ⌘ Shoshone-Bannock Indian Tribe: Idaho

Project Family Studies of Competency Building

Controlled Outcome Study II
Alcohol Initiation Index Trajectories for
ISFP Intervention vs. Control ^{a,b}



SFP Cost Benefit



Iowa State University researcher, Dr. Richard Spoth

Found on NIDA/NIMH research grant that
the Junior High School Version of SFP has a
\$9.60 cost saving for every dollar
spend

SFP Percentage Outcomes- Immediate Results



⌘ Parent and Family Behavioral Improvements

- ☒ Increased parenting skills in 98% of parents attending
- ☒ Improved parent-child relationships in 93% of families attending
- ☒ 92% of attending families holding family meetings at least monthly
- ☒ 84% of attending families holding family meetings at least weekly
- ☒ Reduced family conflict in 75% of families
- ☒ Decreased excessive physical punishment in 82% of families
- ☒ Decreased tobacco, alcohol, and drug use in 84% of parents attending

SFP Percentage Outcomes- Immediate Results



⌘ Children's Behavioral Improvements

- ☒ Increased social and life skills in 98% of the children
- ☒ Increased pro-social behavior in 98% of children
- ☒ Improved academic performance and grades in 55% of children
- ☒ Improved school bonding and attachment in 65% of children
- ☒ Decreased emotional problems and child depression in 86% of children
- ☒ Decreased behavior problems, conduct disorders and aggressive behavior in 65% of children
- ☒ Decreased tobacco, alcohol, and drug use in 77% of children using

SFP Percentage Outcomes- Long-term Five Year Follow-up Results



- ⌘ Improved clear directions to children by 99% of parents
- ⌘ Appropriate consequences and punishment by 95% of parents
- ⌘ Improved problem solving with child by 84% of parents
- ⌘ Increased enjoyment of child by 94% of parents
- ⌘ Increased quality time spent with children by 97% of parents
- ⌘ Improved family problem solving in 78% of families
- ⌘ Increased effectiveness of family communication in 67% of families
- ⌘ Reduced family stress and conflict in 75% of families
- ⌘ 65% of families reported improved positive family feelings
- ⌘ 62% of families reported improvements in having fun together
- ⌘ 68% of families holding family meetings monthly
- ⌘ 37% of families holding family meetings weekly

Strengthening Families Program + I Can Problem Solve (ICPS)

Randomized trial in 2 school districts

⌘ School Bonding Year 4 SFP = .40 ES, ICPS= .31 (.77)

⌘ Parenting Skills by Year 1 SFP = .46 Effect Size

⌘ Family Relations by Year 2 SFP = .42 Effect Size

⌘ Self Regulation by Year 3 SFP = .34 Effect Size

⌘ Child Social Competency by Year 1 SFP = .15 ES

📄 Kumpfer, K. L. et al., (in press) Journal of Addictive Behaviors

Strengthening Families Program Replications

Practitioners Implementing SFP in All States

960 Prevention Specialists trained in SFP this year

⌘ 455 Different Prevention agencies trained this year

⌘ Some sites implementing with over 300 families a year

⌘ Texas SFP Training Initiative has trained over 2000

⌘ Statewide Initiatives in New Jersey, Texas, North Carolina, Virginia, Delaware, Florida, Tennessee, Arizona, and Maryland

Strengthening Families Program Science-based Model

All Federal Prevention Agencies have SFP
on their list of approved model programs

- ⌘ **NIDA “Red Book” list of 10 model programs**
- ⌘ **OJJDP list of 7 Exemplary I Family Program**
- ⌘ **CSAP/CMHS/CSAT list of Model Programs**
- ⌘ **Dept of Education list of 8 Model Programs**

Strengthening Families Program Costs



⌘ All 6 Manuals on
CD-ROM = \$250

⌘ On-site Training of
Group Leaders (up
to 40) = \$2,600 +
travel costs 2
trainers

How to Contact SFP

Order Manuals on CD-ROM from order form on web site

www.strengtheningfamiliesprogram.org

⌘ ***Contact Dr. Henry Whiteside,
LutraGroup to schedule a 2-day or
3-day training at (801) 583-4601 or
hwhiteside@lutrargroup.org***